

ADDITIONAL HEALTH SERVICES RESOURCES

GET THE INFORMATION YOU WILL NEED.

Get copies of your medical and prescription drug insurance card, and learn about your health insurance.

Ask your parent or guardian to give you a tutorial on your insurance plan, especially as it relates to preferred providers and any requirements for pre-authorization for certain services or post-notification of hospitalization.

Knowing about these things can save you a lot of time and money.

LEARN ABOUT YOUR PERSONAL AND FAMILY MEDICAL HISTORY.

- What medications do you take and why?
- Are you allergic to any medications?
- Have you had any significant illnesses, injuries, or surgeries?
- What chronic illnesses run in your family?

Once you are over 18, you'll be responsible for consenting to your own medical care and providing necessary information to healthcare providers.

Make a plan for managing any prescription drugs you take regularly.

Where will you get your prescriptions refilled in Grand Rapids?

How will you get your prescriptions renewed?

When the label on your medication says "No refills remaining," you'll need a renewal, which usually requires an appointment with a healthcare provider.

Monitor refills left in your prescription carefully so you have time to schedule an appointment without running out of your medication. When you run out of refills, your pharmacy may contact the healthcare provider who prescribed the medicine to request instructions. If you need to schedule an appointment with a provider for a renewal, you may opt to schedule an appointment at UHS for convenience.

STOCK YOUR MEDICINE CABINET.

A well-stocked medicine cabinet can save a trip to the pharmacy when you don't feel up to going out. Also, our nurses will often refer to one or more of the following medical supplies or over-the-counter (OTC) medications:

General Medical Supplies:

- Band-Aids for small wounds and blisters
- Gauze and tape for larger wounds
- ACE wrap for minor sprains
- Ice pack
- Heating pad
- Digital thermometer
- Antibacterial soap to clean wounds

OTC Medications:

- Antacid such as Tums, Roloids, or Mylanta
- Acid reducer such as Zantac or Pepcid
- Anti-diarrhea medication like Imodium AD or Kaopectate
- Fever and pain reducer containing acetaminophen (Tylenol), aspirin, or ibuprofen (Advil, Motrin)
- Decongestant such as Sudafed-PE
- Antihistamine such as Benadryl, Zyrtec, or Claritin
- Cough suppressant or expectorant like Robitussin or Mucinex
- Antibacterial cream like Bacitracin or Neosporin
- Anti-inflammatory cream like Hydrocortisone or Cortaid